

# RULES & REGULATIONS

## KATA & WEAPONS

### 1. **Competition**

The order of completion is decided by a random draw.

### 2. **Judging Requirements**

Judges will review with competitors the criteria for that division before the start. Any questions about music or questionable moves will be handled before the division starts. Judges will watch all competitors before giving out scores. Since our scoring system is based on comparative scoring it is imperative that we watch all competitors before deciding our individual scores.

The “two maximum deviation” rule is in effect. This rule is used to limit the impact of a judge’s score that is significantly different from the other judges. Once a form is finished and before the scores are shown to the competitor or spectators, the center referee will say “Ready,” then, “Check” at which point the three judges will show their scores to each other. The center referee will look at the 3 scores to determine the middle score (e.g., a 9.92, 9.96 and 9.95 – the 9.95 is the middle score. The other two scores must be .02 from the middle score so the 9.92 must be changed to a 9.93). Other than this obligatory adjustment, judges are not allowed to change their scores. If no score is .02 higher or lower than the middle score no adjustment is made. After making any necessary change, the center referee will say “Score” and all three judges will subsequently show their scores to the competitor, scorekeepers and the audience.

### 3. **Overview**

- In all form divisions there is no time limit.
- There are no introductions in all forms divisions. Competitors can call out the name of the form when they enter the ring before starting, if they wish.
- In all musical divisions there will be no words allowed in the music.
- If a competitor stops his or her form, they cannot start again. If a competitor drops his or her weapon they are disqualified.
- Competitors must either wear a traditional uniform or a country team uniform. No metal jewelry should be worn. If a stud cannot come out, then a band aid should cover the stud.
- Judges will inspect all weapons prior to starting a division.
- Judges will review division criteria prior to starting the event. Any protests of jewelry, uniforms, or weapons being used will be decided before the event starts in order to give competitors a chance to comply with the rules and avoid disqualification.
- In the case of a tie in the Hard Style, Soft Style, Korean and Veterans Traditional divisions, competitors must do a different form. In all weapons, freestyle and extreme divisions they may compete with the same form.
- Competitors compete in order determined by a random draw.

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### 4. Traditional Forms

These forms must capture the essence of classic martial arts movements, showcasing the traditional hand and kicking techniques, stances and movement. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. Forms are scored solely on the above criteria. Adaptation of a form is acceptable, if the movements added are traditional in nature.

Commentary: The Icebreaker is an Open Martial Arts tournament. We expect to see many variations of traditional forms. If a competitor only does traditional moves and not multiple kicks or spin kicking combinations, then they will be scored on the execution of the form. \*In some Jiu-Jitsu forms there are front rolls\* This is not a free style division. Gymnastic type moves are permissible, if they are practical and within the style of wushu. \*A traditional kung fu form may be as "hard" as a Japanese style kata. The difference is the circular techniques\*

### 5. Open Forms

The Open forms division includes contemporary martial techniques that have evolved over the past 30 years. These techniques may be added to a traditional form, or the form may be devised in its entirety by the competitor. Only techniques which originated from the martial arts can be used. Spinning kicks, jump kicks, flying kicks, multiple kicks, splits and spinning hand techniques can be used. No gymnastic moves are allowed. No martial arts move originating from gymnastics can be used.

Music is optional in this division. If the competitor uses music judges may consider how well a form corresponds to the music.

Competitors are scored on good solid techniques, balance, speed, power and focus.

Commentary: This division is for competitors who do not want to compete in the traditional divisions, however, do not perform gymnastics. At no time can a competitor be inverted more than parallel to the floor. {No aerial kicks, no kip ups}. Competitors cannot spin more than 360 degrees in the air as well. \*No words or lyrics are allowed in the music. This is to prevent objectionable language. A Hum, chant or sound effects are allowed\*

### 6. Traditional Weapons Forms

In this division must capture the essence of classic martial arts movements and traditional techniques with a weapon. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances and focus. All weapons used must be of a traditional nature. {No tapered bo staffs, no plastic Kamas.}

Modifications to forms are acceptable if they only include traditional techniques. Commentary: Since the Icebreaker is an open tournament, we expect to see adaptations of traditional forms. However, there will be no releases, complicated

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spins or throws with the weapon. No plastic weapons or skinny Bo staffs will be used. The center judge will inspect all weapons before the division starts.

### 7. **Open Weapons Forms**

In this division allow competitors the opportunity to include contemporary martial arts techniques that have evolved over the past 20 years. These moves include one handed spins or complicated passes of the weapon around the body for example, in this division judges are looking for manipulation of the weapon, speed of the techniques, the degree of difficulty, showmanship, balance, power and focus.

Competitors may use the newer light weight weapons. Competitors are judged on execution of technique, balance, speed, power, solid stances and focus.

Commentary: Complicated spins and pass-offs are allowed; however, competitors must still demonstrate good martial arts technique. Competitors have the option to use music and can use any throw, release or gymnastic move. Judges may consider how well the form corresponds to the music.

### 8. **Team Synchronized Forms/ Weapons**

This division is open to Teams of 2 to 5 competitors.

Judges are looking for synchronization, execution of technique, overall team power, balance, speed and focus.

Commentary: This division is open to competitors of all ages. Teams are allowed to use various angles and staggered starts to demonstrate creativity and showmanship.

### 9. **Team Demonstration**

This division is open to Teams of 2 to 5 competitors. Judges are looking for showmanship, speed of techniques, degree of difficulty, execution of techniques, overall team power, balance, speed and focus. Music, weapons and/or props may be used in this division.

Commentary: Competitors may at times do individual movements or techniques. However, the overall concept is still a "team" demonstration show

### 10. **Overall Grand Champion**

Grand Champion winners are determined based on point accumulation in multiple divisions (excluding Team Forms/Demonstration). This system ensures that the most well-rounded martial artists are recognized for their achievements. In order to win, competitors must place in the top 3 places of their divisions to obtain points on 5, 3, 1 scale. This system requires that competitors place in a division in order to receive points towards the grand championships.

In the event of a tie, GC competitors will do traditional forms run off